A STUDY TO EVALUATE THE EFFECTIVENESS OF GROUP THERAPY ON STRESS AMONG THE ALCOHOLICS IN SELECTED DEADDICTION CENTRES IN KERALA

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DOI: http://doi.org/10.47211/tg.2021.v08i04.013

ABSTRACT

Alcoholism and illicit drug use are diseases. The desire that an alcoholic or fiend feels for their substance of decision can be just about areas of strength for as the requirement for food or water. They will keep utilizing regardless of serious family, wellbeing, or legitimate issues. Alcohol and/or drug use doesn't be guaranteed to need to influence your capacity to work scholastically to be an issue. Consider likewise what it means for your wellbeing, connections, and in general way of behaving. As per ongoing examination by WHO, alcoholmisuse or reliance might expand an individual's gamble for creating stress in any case. One clarification is that alcohol could set off a hereditary weakness for the disorder.

***Aim:** Effectiveness of group therapy on stress among the alcoholics.*

Settings and Design:

A Quantitative approach was used for analyzing the effectiveness of group therapy. The study was conducted in Wisdom Hospital and Deaddiction Centre, Trivandrum on 100 chronic alcoholic patients who were admitted in deaddiction centre and having Stress. A non-probability convenience sampling technique was used in this study. The beck stress inventory was used to assess the stress. Descriptive and inferential statistics was used under SPSS to do analysis.

***Results**:*

The results that the In pre test the calculated mean was 26.67 and mean% was 42. The SD was 1.89. In post test Scores, the calculated Mean was 13.83 and mean% was 22. The SD was 3.56.

***Keywords:** alcoholic, legitimate, scholastically, gamble.*

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INTRODUCTION

Alcohol use is broadly common in Indian culture and subsequently brings about far reaching misfortunes as harmful actual wellbeing results like cirrhosis of liver, coronary illness, diabetes as well as prompts non-attendance, street car crashes and different psychological wellness and conduct issues. Alcohol is one of the main sources of death and inability around the world and the equivalent valid for our nation India. A sum of 3.2% of passings overall are brought about by alcohol consistently. According to World Health Organization One fourth to 33% of male populace savors alcohol India and adjoining south Asian nations and the utilization among ladies in expanding.

Stress is a physical or close to home response experienced when you experience changes throughout everyday life. Some stress can be valuable, helping you take on and ace another test while lifting you to another degree of ability. An excess of stress, notwithstanding, can influence your psychological and actual wellbeing and leave you feeling depleted. Stress can likewise add to a backslide of medication and alcohol misuse. Numerous substances can briefly free the impacts from stress. Substances like cocaine, be that as it may, enact both the stress reaction and the strong "reward focuses" of the cerebrum. When the delight of utilizing the substance is gone, however, the stress stays until you adapt to it really. That is the reason it's fundamental that you figure out how to adapt to stress without medications or alcohol. The work is beneficial for your general wellbeing and to safeguard your temperance. The following are seven hints that you can assist you with getting it done.

Alcoholism and illicit drug use are diseases. The desire that an alcoholic or fiend feels for their substance of decision can be just about areas of strength for as the requirement for food or water. They will keep utilizing regardless of serious family, wellbeing, or legitimate issues. Alcohol and/or drug use doesn't be guaranteed to need to influence your capacity to work scholastically to be an issue. Consider likewise what it means for your wellbeing, connections, and in general way of behaving. As per ongoing examination by WHO, alcohol misuse or reliance might expand an individual's gamble for creating stress in any case. One clarification is that alcohol could set off a hereditary weakness for the disorder. Likewise, on the grounds that alcohol is a depressant, this might prompt discouraged mind-set among individuals who as of now misuse or rely upon alcohol. Likewise, having a relative who's battled with alcoholism or stress builds your gamble for the two disorders.

Group therapy meetings can be held in different settings, for example, public venues,therapy workplaces and so on. Most groups meet in a calm room with the seats organized to ensure every individual can see every other person. Group therapy gatherings can be open or shut. In open groups, new individuals can join the group whenever. In a shut group, all individuals join simultaneously. Just they partake in the meetings need of the Study.

Mental conduct point of view has given the most powerful speculations about roots, causes and treating of stress lately. The mental model of stress was created by Aaron Beck, a specialist who became disappointed with psychodynamic hypotheses of stress right off the bat in his vocation and fostered his own mental hypothesis of stress . While the most noticeable side effects of stress have by and large been viewed as the full of feeling or temperament side effects, Beck speculated that the mental side effects of stress may frequently go before and cause the emotional or state of mind side effects as opposed to the other way around. This study examined the connection between the TCI aspects, neuroticism and extraversion and side effects of stress and uneasiness among 441 members from everybody review, and likewise among neuroticism and extraversion and MDD in a partner of 193 optional level consideration MDD patients as contrasted and everyone.

STATEMENT OF THE PROBLEM

A study to evaluate the effectiveness of group therapy on stress among the alcoholics in selected Deaddiction Centres in Kerala.

OBJECTIVES OF THE STUDY

Effectiveness of group therapy on stress among alcoholics in selected de addiction centre at Kerela.

REVIEW OF LITERATURE

Camatta and Nagoshi (2015), observed that impulsivity and adventure someness were all the more altogether correlated with amount and recurrence of alcohol use, however not with event of alcohol use issues. Stress, stress and unreasonable convictions were altogether correlated with alcohol related issues; yet not with alcohol use. Further examination uncovered that impact of stress on alcohol issues was interceded by stress while the impact of stress thus was intervened by silly convictions.

Chassin et al. (2018) led a study to assess Hull's hypothesis (2013) proposing that alcohol use might be inspired by a longing to stay away from excruciating conditions of mindfulness. The discoveries didn't uphold the previous forecasts of mindfulness. Goreman and Peters (2020) broke down those life altering situations happened in the year prior to the beginning of alcohol reliance in 23 patients. Results showed that people

might enter the underlying phases of alcohol reliance in light of stressful life altering situations.

Crowe and George (2019) has reviewed the vast literature examining the connection among alcohol and human sexuality and inferred that (a) alcohol excludes mental sexual excitement and stifles physiological answering (b) dispersion is both pharmacological and mental (c) hopes and mental hindrance can exclude independently or together.

Montgomery and Johnson (2012) detailed that (a) the way of behaving of spouses ofalcoholics mirrors their stressful conditions. The ladies in the study revealed relational, additional individual and intrapersonal stressors; the most often announced and most noteworthy positioned

Stressor was their relationship with their husbands (c) restraint doesn't be guaranteed to imply that stressors vanish.

Peirce et al. (2014) announced that the influence guideline model of monetary strain and alcohol use was seen as existing. By and large, stress intervenes the connection between monetary strain and drinking to adapt. And drinking to adapt intercedes the connection among stress and alcohol use. Furthermore. Both orientation and race moderate the connections.

Gatti, E. et al (2008): To survey the social, personality and behaviors of alcoholics utilizing Virtual Reality (VR) assessed the distinction between evaluation strategies by contrasting the VR appraisal protocol and the SCID - Structured Clinical Interview for DSM-IV Axis I Disorders - in an example of 20 alcohol-subordinate people (10 exploratory group + 10 benchmark group) entering a non-pharmacological short-term treatment. The information, acquired utilizing both subjective and quantitative examinations, affirm the chance of involving the VR protocol in the evaluation of alcohol-subordinate patients. Further, the VR group detailed a critical improvement in the inspiration for change after the evaluation protocol, not found in the SCID group: obviously, the experiential methodology expected by VR makes the patient more dynamic and engaged with the cycles of thoughtfulness and change.

RESEARCH METHODOLOGY

A Quantitative approach was used for analyzing the effectiveness of group therapy. The study was conducted in Wisdom Hospital and Deaddiction Centre, Trivandrum on 100 chronic alcoholic patients who were admitted in deaddiction centre and having Stress. A non-probability convenience sampling technique was used in this study. The beck stress inventory was used to assess the stress. Descriptive and inferential statistics was used under SPSS to do analysis.

RESULTS

Table-1: Mean, SD and mean% to evaluate the effectiveness of grouptherapy on Stress among the alcoholics in selected De-addiction Centre at Kerala.

Level of stress	Max score	pretest scores			Posttest scores			Differencein Mean %
		Mean	SD	Mean%	Mean	SD	Mean%	
Overall	**63**	26.67	1.89	42	13.83	3.56	22	20

SECTION III

Table: 2 : Frequency and percentage wise distribution to evaluate the effectiveness of group therapy on Stress among the alcoholics in selected De-addiction Centre at Kerala

STRESS	Experimental group			
	Pre test		Post test	
	f	%	f	%
Minimal	-	-	13	43.3
Mild	-	-	17	56.7
Moderate	100	100	-	-
Severe	-	-	-	-
Total	100	100	100	100

Table-3: paired "t"-test was found in experimental group to evaluate the effectiveness of group therapy on Stress among the alcoholics in selected De- addiction Centre at Kerala

Stress	Experimental pre test		Experimental post test		Mean difference	't'-value	P-value
	Mean	SD	Mean	SD			
Overall	26.67	1.89	13.83	3.56	12.83	16.19	**p<0.001**

*-P<0.05 , significant and **-P<0.01 &***-P<0.001 , Highly significant

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